



## **Supporting Technology of Vigorous Activity by Normalization of Biofield and by Healthy Lifestyle**

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### **Abstract**

In article the natural technology of improvement of qualities, normalization of a state and increase in activity of the person is considered. The spectral analysis of biofield, correction of a biofield by analog reconstructive optical method of tomography and healthy lifestyle are fundamentals of natural technology. According to the spectral analysis of a biofield the card of step-by-step correction is formed. According to the card of step-by-step correction stage-by-stage impact by the light, acoustic and power field on a biofield of the person is programmed. Process of correction of biofield is carried out under control of the expert in real time by means of a spectroscope. Process of correction comes to an end with normalization of biofield. After normalization of biofield, people passes to healthy activity.

**Key words:** Correction of biofield, Spectral analysis, Normalization technology, Healthy lifestyle, Tomography method.

### **1. Introduction**

Modern scientific knowledge perceives biofield of the person mainly as biopower, i.e. tied, mainly, to functioning of a biological body, in general, and its separate bodies and cages, in particular, that is connected with power radiations of bodies and cells of a biological body.

The biofield forms a power aura, shine of a body of the person which is created by his power. The luminescence of a biofield or shine of aura is formed due to work of the power centers of the person. The range of energy filling a biofield reflects in itself all information on the person, a condition of a present situation and information on states last. Can determine by a luminescence and a form of a biofield what power prevails in the person what power centers work stronger and what function poorly. It is possible to determine by shine in what state and mood there is a person whether he is healthy. Also negative impacts on the person are determined by a luminescence of a biofield of the person. In ideal option at the harmonious spiritually developed person the biofield has 7 layers. On number of the main working power centers. But in practice such people meet extremely seldom. Most of people functions on 2 – 3 types of

energy, not to seek for self-development and increase in abilities and energy and is limited to the minimum set of energy. Each layer of a biofield is a possession of a certain type of energy and respectively certain tendencies, abilities and opportunities.

Idea of change of frequency ranges of power radiations of the person in the course of his spiritual ascension intensify development of the corresponding technologies of normalization of mental processes and vital activity (Bryndin, 2018a; Bryndin and Bryndina, 2017a; Bryndin, 2018b).

### **2. Mental energy of biofield**

Formation of mental energy results from activity of the person in direct interaction with other types of energy: thermal, chemical and electromagnetic. Mental energy is biofield component. Its origin happens in soul of the person, and is reflected by means of various analyzers of a brain. Each analyzer promotes reflection of a concrete power look. The acoustic and visual analyzer is reflected by electromagnetic oscillations. Olfactory and flavoring receptors chemical energy. Skin-kinetic, mechanical and thermal. Vestibular-gravitational. Having apprehended influence of soul,

the brain processes information. Information processing happens under the influence of mentality. Synthesis of information happens on the basis of the available experience and knowledge, thinking, attention, memory, ideas of surrounding reality joins. Similar manifestations of mentality have the non-material nature and generate actions. These actions produce allocation of other energy, and have the material nature.

Manifestations of mentality have mental energy. It allocated thoughts, images, emotions, knowledge, feelings, abilities, requirements, moods, motives, desires and habits. Feeling a certain need, the person orders them on importance degree. Requirements can be: physiological, spiritual and material. On this background there is one more source of mental energy-preference. The power of emotion at satisfaction of preferences increases. The person becomes active, strong-willed.

The subjective reality of the individual connected with his feelings about own place in the world around has powerful incentive force. The subjective reality of the person is embodied in the following requirements: self-realization, self-assessment, self-expression, self-affirmation, self-esteem, self-improvement. These requirements form consciousness, the representing information and analytical subsystem of mentality. The consciousness is more active, the mental power message is more powerful. If own self-assessment does not satisfy the person, then he needs self-improvement. The person seeking for changes of own life performs the strong-willed operations directed to change of qualities and ability.

### **3. Color range of biofield and ability of the person**

Energy of a biofield it is shown in the form of light and color. Color, its brightness and arrangement of energy indicate physical, emotional, mental and spiritual health of the person. It is possible to visualize color scale of a biofield the spectral analysis or a photo visualization.

Various colors reflect various qualities of the person and different types of energy of a biofield. Colors can be shown in various forms, shades and

provisions, including in the form of the color layers which are softly passing each other. To learn to distinguish these shades, time and practice is required. To understand and define value of every color the technique of definition of compliance to it of quality of the person is entered.

Let's consider general information about primary colors in connection with the energy reflected by them. Visualization helps to recognize by flowers of quality, ability and a condition of the person.

Red color of a biofield appears at big physical activities, at muscular activity, at physical overfatigue or at negative psychological states: aggression, a condition of a severe stress, a fright or rage, testifies to negative serious condition, to reflection on negative subjects. Red color reflects love inclination, anger, hatred, and its muddy indicates excessive irritation, demonstrating nervousness, irascibility, aggression, impulsiveness or sincere nervousness.

Pink color of a biofield is formed by the emotional excitement, a state which is adjusted on communication, an emotional positive state. Pink color is color of mercy, love and purity. It can reflect joy and tranquility and also well developed feeling of solidarity. When at a biofield there is pink color, it demonstrates that the person differs in quiet temper, modesty, loves art and all fine. Muddy shades of pink color indicate immaturity and underdevelopment.

Yellow color – color of mind, reasonings, thought processes, focus on any business. Yellow is color of intellectual activity and cheerfulness. Softer shades often tell about the enthusiasm which arose in connection with some vital events about force of imagination and spiritual development (especially transition from light yellow to white). Yellow is color which embodies itself (himself) force of thoughts. More dense and muddy shades of yellow can reflect intensive process of thinking and the analysis and also excessive criticality, feeling of non-recognition and tendency to dogmatism.

Gold yellow color of the restoring power bearing health and integrity.

Gold color indicates active spiritual energy and finding of the truth. It reflects the highest energy of love and harmony. More muddy shades of gold indicate that the person for the present is in process of awakening of the highest inspiration.

Green, gently green color of warm experiences, demonstrates that the person takes everything very much to heart - responsibility, commitment, personal experiences, thoughts and care of the family. Green is color of responsiveness and compassion. It reflects development, empathy and tranquility. It is color of friendliness. Muddy or dark shades of green demonstrate indecision and avarice, jealousy and self-love. They point to disbelief in own forces and suspiciousness.

Blue color of mental energy of creativity, positive mental energy. People with blue color possess strong mentality and nervous system, rich imagination and strongly developed figurative thinking.

Blue color demonstrates will of the person. Blue color of tranquility and silence. It reflects devotion, sincerity and gravity. Light shades of blue color speak about active imagination and a good intuition. More dense of tone of blue color point to lifelong search of the Divine, demonstrating religiousness. Bright blue shades indicate honesty and judiciousness. Muddy shades of blue reflect block of perception, timidity, forgetfulness.

Orange color is color of warm warmth, creative creation. He points to courage, joy and sociability. Muddy shades of orange color reflect pride and arrogance and also vanity.

Gray color indicates the movement to disclosure of internal abilities. The shades of gray color close to silvery color reflect inspiration, an intuition and creative imagination. Dark shades of gray color demonstrate reserve of the person and about his belonging to type of so-called lone wolves.

Brown color shows desire to be improved, about such qualities as diligence and systemacity.

Black is color of protection. It is color which specifies that the person has secrets.

Violet color testifies to high degree of an intuition, ability to use spiritual energy. Violet color

of association of heart and reason, physical and spiritual. It reflects independence and an intuition and also indicates the dynamic and well developed imagination. It is the sign of the person who is in search. Purple shades demonstrate ability is realistic and prudently to treat affairs. More pale and light tone of violet and purple color point out humility and spirituality. More dark and muddy shades signal about tendency to superiority over others, indicate the need for sympathy and experiences concerning misunderstanding from other people.

The white sparkling color demonstrates sanctity of the person. White color reflects the truth and purity. He points to what energy of the person is capable to clean and improve. Besides, it testifies to creative potential.

These are the primary colors speaking about work of the power centers and a condition of a biofield of the person. Actually shades of flowers of energy of a biofield and options of their set huge set. To understand what happens to the person what power prevails whether the power centers correctly work. Whether there are no hidden problems, threats, leakages of energy, it is necessary to carry out the spectral analysis of a biofield of the person.

Any negative (negative emotions, negative thought forms) is heavy power which has property, collects in power of a biofield. And even when a life situation and your state of mind already changed to the best the collected negative remains in a biofield around you and returns you to bad behavior. The biofield is power integrity, security and the atmosphere in which you live. In other words, it is your power lodge, your personal space which always is at you. And the house and the space it is necessary to keep clean (Fig. 1).

The clean equilibrium biofield of the person characterizes the following human qualities. Self-criticism-identification of mistakes and shortcomings of, analysis and assessment of negative sides in the activity, the thinking and behavior. Justice-execution due: it is right duties, work for remuneration, punishment for crime, etc. Sincerity-lack of contradictions between real intentions and words. Keeness-ability to feel emotional both state of mind

of other person and ability to help it. Truthfulness-spiritually moral commitment to the truth, fact, reality, reality. Politeness-ability validly and tactfully to communicate with people. Honesty - fidelity to the assumed obligations, sincerity before others and before by itself concerning those motivations by which the person is guided.



**Fig. 1.** Clean biofield of the person.

The white sparkling color of a biofield demonstrates sanctity of the person and characterizes the following his qualities. Humility – vision the sins and sincere repentance, aspiration not to make them. Mildness – God's execution of Volya. Spiritual patience – to overcome the evil good. The love to itself — to lead completeness godlike life, to seek to carry out the highest calling and purpose. God loves the person, the person has the right to treat himself with love. Love to others – not to do the evil to others. "Love your neighbor as" (Matfey 22:39). Communication good luck – standing in a prayer. Love for God – worship is in good spirits and the truth.

#### 4. Normalization of biofield

Any violation in physical structure of the person is preceded and followed by violation in biofield of the person. Impact by the light, acoustic and power field on biofield allows to normalize it. The biofield bears adaptation function. The analog reconstructive optical method of a tomography of microwave normalization of the power centers

restores balance of their energy. Light, acoustic and power impact on biofield normalizes it, and it is adaptive is harmonized. At impact on a biofield of the person there is a strong power reorganization. Color and saturation of flowers of biofield changes. When passing optical radiation through biological fabric absorption it is played a major role. By means of optical analog tomographs step by step adjust and normalize the structure of biofield with high spatial resolution. In biofield light radiation the analog reconstructive optical tomograph dissipates and affects optical not uniformity of an organism and is absorbed by the power centers. Restoration of biofield is carried out step by step by selection of light radiation by comparison with a sample. The biofield completely restores color harmony (Fig. 2).



**Fig. 2.** Color visualization of harmony of human biofield

The power centers of a biofield radiate quanta of light of various wavelength, which are registered spectral devices – the devices which are visually representing the turned-out light range. Spectral devices serve as well as a dividing element of a system of spectroscopy because the light stream is summarized from all power centers, and its tasks include division of the general massif of light into ranges of the separate power centers and determination of their intensity which allows to draw conclusions about the size of the present energy

(Bryndin and Putmakov, 2019a; Bryndin and Putmakov, 2019b). Spectroscopes do available viewing of a range for direct observation by the person via special telescopes. Direct viewing allows to conduct correction of wave impact by the thermal, sound, light and power field on a biofield towards its normalization.

The round shape shows balance of energy or the power center. Not round, vague images note an imbalance of the power center:

- Oval: easy imbalance.
- Big: high power activity.
- Small: low energy of activity.
- Bright: it is balanced, with high energy.
- Dark: low energy, imbalance.

The disharmony of power system demands power balancing. Well balanced power centers are in harmony.

By analog reconstructive optical method of a tomography it is possible to normalize a biofield and to support him in the balanced state.

### 5. Biodiagnostics of power channels

Biodiagnostics of power channels allows to normalize pragmatism human activity. The levels of vibrations of power channels based on indicators of electric skin activity.

1,500,000 — 800,000	Range of extremely high vibrations. Spiritual focusing of energy. Pragmatism human activity requires bigger rapprochement with reality.
800,000-500.000	Range of high vibrations. Level of the intuitive and sensitive person. Pragmatism human activity requires bigger rapprochement with reality.
500,000 250,000	Range of average vibrations. Reflects balance-reason-body-spirit. Normal level of energy for daily activity.

250,000 -70,000	Range of low vibrations. Not sufficient level of energy for achievement of the goals of pragmatism activity. Energy normalization is recommended.
70,000 -10,000	Range of very low vibrations. Energy normalization is recommended.

On the basis of the GRV method—it is possible for gas-discharge visualization of radiations of a biofield of the person (by the Kirlian method) quickly and with high precision to find changes of field structures and potentials of power radiations of biological bodies (Fig. 3). What allows to diagnose effectively diseases of the person at a donozologiya stage.



**Fig. 3.** Biodiagnostics

Destructive radiations appear at the person as a result of action of its negative spiritual qualities or emotions: \* the grief gives vibrations — from 0.1 to 2 hertz; \* fear from 0.2 to 2.2 hertz; \* offense — from 0.6 to 3.3 hertz; \* irritation — from 0.9 to 3.8 hertz; \* indignation — from 0.6 to 1.9 hertz; \* the egoism — gives vibrations of at most 2.8 hertz; \* irascibility (irascibility) - 0.9 hertz; \* flash of rage — 0.5 hertz; anger — 1.4 hertz; \* arrogance — 0.8 hertz; pride — 3.1 hertz; \* neglect — 1.5 hertz; \* superiority — 1.9 hertz; \* pity — 3 hertz.

Researchers on physical medicine noticed long ago that positive people who lead a healthy lifestyle are not ill when the frequency of vibrations

of their power field was included into a resonance with a frequency of vibrations of 8 hertz. Throughout the millennia the frequency of vibrations (fluctuations in a second) our planet was 7.8-8.2 Hz. Physicists call it Schuman's frequency. It fluctuates within 8 hertz.

The resonance of standing electromagnetic waves with a frequency of 8 hertz of a biofield provides and supports a healthy condition of an organism. Health to the person is provided by the clean nature and spiritual and naturalistic practice of a healthy lifestyle (Bryndin and Bryndina, 2017b; Bryndin and Bryndina, 2017c; Bryndin and Bryndina, 2017d; Bryndin and Bryndina, 2018a; Bryndin and Bryndina, 2018a; Bryndin and Bryndina, 2018b; Bryndin and Bryndina, 2018c; Bryndin and Bryndina, 2018d; Bryndin and Bryndina, 2019a; Bryndin and Bryndina, 2019b).

## 6. Technique of transition to a healthy lifestyle

Transition to a healthy lifestyle is carried out in four stages of formation of useful habits.

*Stage 1. Formation of the clean internal environment.*

The pure internal environment is one of necessary conditions of a wave resonance of cages. The clean internal environment is formed by useful habits:

1. At the spiritual level: formation pure thoughts and desires.
2. Development of an ethical lexicon of communication.
3. At the power level communication with clean nature: absorption by enzymes of light energy, vibrations of flora, equilibration of mentality by tranquillity of the nature, an emotional positive spirit from beauty of the nature, air, solar and water physical exercises, inhalation of clean air, coordination of the internal environment of an organism with the natural. Improvement of health in ecological pure environment develops nature needs and a habit to communicate with the nature. Nature need and habit to communicate with the nature normalize genetically internal environment of an organism through a wave genome.

4. Maintenance of the internal environment of an organism by release from negative energy: water procedures in soul or a bathroom before the use of food, and also once a week in a bath. Desire of improvement of health after stay in the adverse power environment and to keep it develops nature need and a habit to take a shower or a bathtub before the use of food and once a week to clean an organism in a bath steam room. Nature need and a habit to take a shower or a bathtub before the use of food and once a week to clean an organism in a steam room of a bath relieve an organism of negative energy and supports pure the internal environment of an organism.

5. Preservation of the pure internal environment classical, sacred, harmonious music at the genetics-wave level. The desire to have and keep good health develops nature need and a habit to listen to harmonious music. Nature need and a habit to listen to harmonious music support genetically the pure internal environment of an organism through a wave genome at the power level.

6. Development of alkaline food (80% of pure alkaline food and 20% of clean acid food) for normalization of acid-base balance of biological environments of an organism. The desire to keep good health after acceptance of food develops nature need and a habit of alkaline food. Nature need and a habit of alkaline food by the rule to choose useful among tasty and tasty among the useful support acid-base balance of biological environments of an organism through a metabolism at the physiological level.

7. Normalization of acid-base balance through a water exchange at the physiological level by use the pure water. Nature need and habit to use clear water support acid-base balance of biological environments of an organism through a cellular and intercellular water exchange.

8. Observance of hygiene for maintenance of the environmentally friendly internal environment of an organism. Nature need and habit to observe hygiene support acid-base balance of biological environments of an organism clarification it from parasites and pollution.

9. Diagnostics of acid-base balance of biological environments of an organism. Nature need and habit to diagnose acid-base balance of biological environments of an organism help to control it.

*Stage 2. Development of improving abilities for achievement of a healthy state.*

Spiritual, mental and power purity are necessary conditions of a wave resonance of cages. The stage includes the following useful habits:

1. Spiritual actions, such as, reading spiritual literature, visit of spiritual actions, development of spiritual consciousness and spiritual and moral qualities, formation of spiritual bonds for achievement of a spiritual healthy state.

Development of abilities to make spiritual actions develops nature need and a habit to get rid from harmful passions, to gain a sound spirit and spiritual health.

2. Formation of just peace kind thoughts and desires for spiritual activity.

Nature need and habit to form just peace kind thoughts and desires conduct to spiritual activity and spiritual health.

3. Development of spiritual abilities of humility, forgiveness, mercy, formation of the peace kind relations in various social conditions and a family for spiritual activity.

Abilities of manifestation of humility, forgiveness, mercy, formation of the peace kind relations for equilibration of soul in various social conditions and a family develop nature need and a habit to be soul balanced and to have a sound spirit and spiritual health.

4. Manifestation of spiritual and moral qualities - goodwills and blessings, mercy and justice for spiritual activity.

Manifestation of spiritual and moral qualities goodwills and blessings, mercy and justice develop nature need and a habit to build the peace kind relations and forms a sound spirit and spiritual health.

5. Development of abilities of control of vital systems of an organism and its complete normal functioning by physical exercises: charging of a power system, physical culture of a tone of an organism and

gymnastics of rhythms for achievement of a physical healthy state of an organism.

Ability of control of vital systems of an organism and its complete normal functioning develop needs of nature and a habit to support a healthy state of an organism.

6. The healthy food for maintenance of a physical healthy state of an organism.

Healthy food improves a healthy habit to support a physical healthy state of an organism.

7. Development of complex abilities of achievement of a healthy state on the basis of system of cellular self-restoration of an organism improvement of a qualitative condition of cages at the spiritual, power, physiological and anatomic levels.

Ability of improvement of a qualitative condition of cages at the spiritual, power, physiological and anatomic levels on the basis of system of cellular self-restoration of an organism improves a healthy habit to support a complete healthy state of an organism.

8. Frequency and resonant diagnostics of a healthy state.

Development of a habit periodically to diagnose an organism helps to support a healthy state.

*Stage 3. Acquisition of skills health of saving for preservation of a healthy state.*

It includes the following useful habits:

1. Development of rules of daily preservation of a healthy state.

Development of rules develops skills and a daily habit to keep a healthy state.

2. Equilibration of soul in social conditions by peace kind relations, doing good, evading it is evil, looking for the peace and aspiring to it for spiritual health of saving.

Abilities and skills of manifestation of humility, forgiveness, mercy and the peace kind relations counterbalance soul in various social conditions and develop a daily habit to be soul balanced to have a sound spirit and to support a spiritual healthy state.

3. Daily formation of physical healthy functioning of an organism at the beginning of day control of vital systems.

Skills of ensuring healthy functioning of an organism develop a daily habit of preservation of a healthy state.

4. Coordination with a daily natural cycle of activity in social, natural and house conditions for preservation of complete healthy functioning of an organism.

Skills of daily coordination of healthy activity with a daily natural cycle develop a daily habit of preservation of a healthy state in various social, natural and house conditions.

5. Complex daily preservation of a healthy state at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions on the basis of system of cellular self-restoration.

Skills of complex daily preservation of a healthy state at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions on the basis of system of cellular self-restoration develop a habit of preservation of a complete healthy state during every day.

6. Preservation of physical healthy functioning of an organism healthy food.

Skills of daily healthy food constantly support a healthy state.

7. Frequency and resonant diagnostics of a healthy state.

Weekly diagnoses an organism helps support a health.

*Stage 4. Accumulation of experience of a healthy lifestyle for preservation of a healthy state within a year.*

Accumulation of experience is carried out by skills health of saving in various house, social and natural seasonal conditions (in the spring, in the summer, in the fall and in the winter). Experience includes the following useful habits:

1. Seasonal preservation of balanced soul and ensuring complete healthy functioning of an organism in the summer, in the fall, in the winter, in the spring on the basis of system of cellular self-restoration.

Experience of seasonal preservation of balanced soul and ensuring complete healthy functioning of an organism in the summer, in the fall,

in the winter, in the spring on the basis of skills of daily preservation of a healthy state develops nature need and a habit to support a healthy state of an organism within a year.

2. Healthy seasonal food.

Accumulation of experience of seasonal healthy food develops nature need and a habit to support a healthy state of an organism within a year.

3. Choice of seasonal natural clothes.

Accumulation of experience of a choice of seasonal natural clothes develops nature need and a habit to support a healthy condition of an organism within a year.

4. Accumulation of experience of complex coordination of social healthy activity with an annual natural cycle at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions.

Accumulation of seasonal experience of complex coordination of social healthy activity with an annual natural cycle develops nature need and a habit to support a healthy condition of an organism within a year.

5. Accumulation of experience of formation of family tradition of a healthy lifestyle.

Accumulation of experience of formation of family tradition of a healthy lifestyle develops nature need and a habit to support a healthy condition of an organism within a year family members.

6. Accumulation of experience of periodic frequency and resonant diagnostics of a healthy state.

Experience accumulation periodically to diagnose an organism helps to support a healthy state within a year.

7. Accumulation of experience of formation of cultural public tradition of a healthy lifestyle.

Accumulation of experience of formation of cultural public tradition of a healthy lifestyle develops nature need and a habit to motivate citizens, to reach and support a healthy condition of an organism and to lead a healthy lifestyle within a year.

## **7. Conclusion**

Spiritual and naturalistic practice, normalization of biofield and healthy lifestyle of the

person form the new direction of health care providing healthy longevity. Biodiagnostics of power channels of biofield of the person and a photo visualization of biofield help any person:

- it is better to understand the inner world, features of a warehouse of the personality;
- to notice dependence of the health on psychological emotional state;
- to see the impact which had by external factors on a physical, sincere and power state;
- to learn to control the psychological emotional state, to smooth consequences of external influences, to choose optimal solutions in difficult or responsible situations;
- to estimate how outside world and its influences influence vigorous activity.

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